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PAGE 14

Ring finds lucky Rider

Former Roughriders receiver reports his Grey Cup ring stolen — 24 hours and some luck later, it turns up PAGE 3

G8 faces tough global economy

Plenty of woes will confront the heads of the Group of Eight leading economies as they gather in Northern Ireland PAGE 7

Trudeau vows to compensate charities

'Make it right.' Premier Wall demanded Liberal leader repay $20K fee to speak at Saskatoon literacy conference

Justin Trudeau is promising to compensate all groups that paid him hefty speaking fees to participate in fundraising events since he became an MP.

The Liberal leader said Sunday he'll either give back the fees or find some other way to "make it right."

He could, for instance, give charitable groups donations equivalent to the fees charged or agree to appear at future fundraisers for them — for free this time.

"I'm willing to pay all of the money back, if that's what it comes to," Trudeau told CTV's Question Period. "But I am going to fix this."

Trudeau has been under fire since Friday, when it emerged that he'd refused to reimburse the Grace Foundation, a New Brunswick charity that lost money after paying him $20,000 to speak at a fundraising event in June 2012.

Premier Brad Wall piled on, demanding that Trudeau repay the $20,000 fee he charged for speaking at a Saskatoon literacy conference last year. But the issue has been haunting Trudeau more generally since he voluntarily disclosed all his sources of income — including a $1.2-million inheritance from his father, former prime minister Pierre Trudeau — during the Liberal leadership race.

He revealed that he'd earned more than $1.3 million on the public-speaking circuit, including $277,000 in the four years after winning election as an MP in 2008. He said he stopped accepting speaking fees once he began seriously contemplating a leadership bid in the spring of 2012.

Some of the groups from which he accepted speaking fees were charitable or non-profit organizations, including universities, school boards, hospital and health-care organizations. Trudeau stressed Sunday that all his speaking engagements were cleared by the federal ethics commissioner, that he never used any parliamentary resources to get to the events and that none of the money he earned went to finance his leadership bid, as Wall has charged.

"I'm doing this not because I'm worried that I did something wrong, because I didn't. Everything was done exactly according to the rules."

Still, he acknowledged there's been a public backlash to the voluntary disclosure of his personal finances, which he argued "raised the bar" for transparency and openness "way beyond" what's required even for cabinet ministers.

"For me, transparency isn't a slogan or a tactic; it's a way of doing business. I trust Canadians. I value their opinions. And now that I've heard them, I'm going to act," he said in a written statement.

Trudeau said he'll talk to each of the groups from which he accepted a fee since becoming an MP and find a way to "fix this and make it right."

THE CANADIAN PRESS

Wall's statement

Premier Brad Wall released the following statement Sunday afternoon:

- "I am pleased to hear that Mr. Trudeau has today agreed to repay the speaking fees he received from various charitable organizations since he was elected to Parliament. As I stated on Friday, elected officials are already paid to speak on important public matters by the taxpayers. I commend Mr. Trudeau for his reflection on this matter and for doing the right thing." METRO

JAZZING UP FATHER'S DAY

Local singer Kaitlyn Semple performs with a band on Sunday at a Father's Day brunch event as part of JazzFest Regina at the Ramada Plaza Hotel. ROSS ROMANIUK/METRO

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Lucky break reunites Riders champion with stolen ring

Matt Dominguez.
Police believe Grey Cup treasure changed hands several times before it landed in their custody

ALYSSA MCDONALD
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Matt Dominguez got a relieving call Sunday morning from Regina police.

His Grey Cup championship ring, which he won with the Roughriders in 2007, had been found — only one day after he reported it stolen from his vehicle outside his home in Moose Jaw.

"For it to be gone only 24 hours … and for all these little things to have to have happened for them to retrieve it — it's kind of incredible," Dominguez said on Sunday.

The ring was found by chance in the pocket of a man arrested on Sunday morning for unrelated outstanding warrants on the 600-block of Victoria Avenue.

"I mean there was no tip or anything," said Sgt. Paul Selinger, watch commander for the Regina Police Service.

Dominguez — a receiver with Saskatchewan from 2003 to 2009 — tweeted about the stolen ring at about 7 a.m. on Saturday, noting he had left it in his vehicle after an event.

Police believe the ring changed hands several times and that the man found with it is not responsible for the theft.

"It is confusing, and I am a little bit baffled by it too," said Selinger.

"It's still going to be investigated and we'll … answer some more questions."

Dominguez, who plans to pick up his ring on Monday, said he will be happy just to have it back on his finger.

Serendipity

"I am in awe of the luck involved."
Former Roughriders receiver Matt Dominguez

Former Roughriders receiver Matt Dominguez hoists the Grey Cup following Saskatchewan's championship win in 2007. He reported his championship ring stolen on Saturday morning. TROY FLEECE/THE CANADIAN PRESS FILE

Public feedback

Be heard on the city's growth plan

Regina residents can voice their opinions on the city's official community plan (OCP) at three public meetings this week.

The OCP, titled Design Regina, outlines a growth plan for the city toward a population of 500,000 and includes annexations of the urban fringe in the Rural Municipality of Sherwood.

"We are hopeful that we will have an affirmation of the direction of the city — where we will grow and how we see ourselves in the next 25 years," Mayor Michael Fougere told Metro last week.

The final plan was released to the public on Tuesday, after city council unanimously voted on it Monday. At the meeting, Fougere mentioned that more than 15 people who own properties on the outskirts of Regina have written asking for annexation.

City administrators will be at the meetings on Monday, Tuesday and Wednesday, though Fougere said he is unsure whether he will attend.

Residents can also provide feedback online until June 21. METRO

Ring Road

Man killed in early-morning hit-and-run

On Sunday morning, police investigated the hit-and-run death of a man on Regina's north Ring Road.

City police closed a section of Ring Road between Albert and Argyle streets following the collision in the westbound lanes, just west of Albert.

A police watch commander said the victim was walking when he was struck by the vehicle shortly before 5 a.m.

No arrests had been made Sunday evening, though officers had interviewed several people about the collision.

METRO

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Asia

After months of threats, N. Korea wants to talk

After months of threatening to wage a nuclear war, North Korea issued a surprise proposal Sunday to the United States: Let's talk.

But the invitation comes with caveats: No preconditions and no demands that Pyongyang give up its nuclear assets unless Washington is willing to do the same — ground rules that make it hard for the Americans to accept.

Washington responded by saying that it is open to talks — but only if North Korea shows it will comply with the UN and live up to its international obligations.

THE ASSOCIATED PRESS

U.S. surveillance

Top names defend government's data-collection program

Current and former top U.S. officials on Sunday defended the government's collection of phone and Internet data following new revelations about the secret surveillance programs, saying the operations were essential in disrupting terrorist plots and did not infringe on civil liberties.

In talk-show interviews Sunday, guests ranging from Barack Obama's chief of staff Denis McDonough to Dick Cheney said the data collection was constitutional and carefully overseen by authorities.

THE ASSOCIATED PRESS

Information security

Ottawa wants 11 more agencies to stay quiet forever

The prime minister's national security adviser, lawyers who work on terrorism cases and analysts in the Privy Council Office would be forever forbidden from discussing sensitive aspects of their work under proposed new rules.

The Harper government wants to pull the cloak of eternal secrecy over past and present employees of nine federal agencies and two now-defunct branches.

They would join more than 12,000 already covered by provisions forcing them to take the secrets of their work to the grave.

THE CANADIAN PRESS

Iran election has Israel in tough spot

Surprising victory. Reformist's win means Israel may have trouble rallying international support for sanctions — or military action

A supporter of Hasan Rowhani flashes a victory sign during a celebration in Tehran, Iran, Saturday.

VAHID SALEMI/THE ASSOCIATED PRESS

The surprising victory of a reformist candidate in Iran's presidential election has put Israel in a difficult position as it tries to halt the Iranian nuclear program: With Hasan Rowhani likely to enjoy an international honeymoon, Israel could have a hard time rallying support for new sanctions — or military action — against its arch foe.

The uncertainty facing Israel was evident Sunday in reactions among its leaders, who welcomed the signs of change in Iran while also warning the world should not be fooled.

"Let us not delude ourselves. The international community must not become caught up in wishful thinking and be tempted to relax the pressure on Iran to stop its nuclear program," Prime Minister Benjamin Netanyahu said.

Rowhani swept to a landslide victory in Friday's election with a call for outreach and dialogue with the international community. His predecessor, Mahmoud Ahmadinejad, repeatedly clashed with the West. Rowhani's victory was widely seen as a show of discontent with Ahmadinejad and Iran's hardline establishment.

THE ASSOCIATED PRESS

Assange slams U.K. for Snowden exclusion

Julian Assange, left, appears with Ecuador Foreign Minister Ricardo Patino at the Ecuadorian Embassy in London, Sunday. After it was revealed Britain warned airlines not to allow Edward Snowden, who leaked info on secret U.S. surveillance programs, to fly to the U.K., Assange on Friday said, "The United Kingdom doesn't want to say no to the United States under any circumstances."

FRANK AUGSTEIN/THE ASSOCIATED PRESS

Twics. Group uses Twitter bot to mimic Tourette's

SEAN MCKIBBON
Metro in Ottawa

An advocacy group for people with Tourette's syndrome is asking Twitter users to let a bot take over their accounts so it can blast out random stuff as a means of raising awareness.

"Wednesday from 9 o'clock on, tweets will come out from your Twitter handle with the equivalent of verbal tics. You won't know when they're coming and you won't know what they are saying, and that's to mimic the way that real verbal tics happen," said Cathy Wylie, president of the Tourette Syndrome Foundation of Canada.

Tourette's is a neurological disorder characterized by involuntary vocal and physical outbursts. The stereotype of the syndrome is sudden, involuntary swearing, but fewer than 10 per cent suffer such outbursts, said Wylie.

Military. Army worried about anniversary booze

The Canadian Army is all for its soldiers raising a glass to toast upcoming milestones, as long as nobody thinks there's a product endorsement going on.

And anyone in the general public who would like a sip will remain thirsty unless someone in uniform is willing to share.

National Defence recently issued guidelines to govern the production and sale of commemorative beer, wine and spirits for the splash of celebrations expected next year.

In 2014, the Princess Patricia's Canadian Light Infantry, the Royal 22e Regiment, Royal Montreal Regiment and Regiment du Hull will all mark the 100 years since their formation. Older units are in the midst of their 150th anniversary.

A spokeswoman for the army, Colleen McGrann, said on Friday the department issued guidelines, including limiting the sale to within the military, and requiring associations to ask for permission to use regimental logos.

THE CANADIAN PRESS

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Pakistan. Two anti-polio health workers shot dead on vaccination drive

Gunmen killed two anti-polio workers on Sunday in northwest Pakistan, police said, the latest violence directed at efforts to eradicate the disease from the country.

The two attackers shot the two Pakistani health workers while they were on a vaccination drive in rural Kandar village, said Swabi district police Chief Mohammad Saeed. The gunmen arrived on foot and then disappeared, he said.

No one claimed responsibility for the attack. Some Pakistani militant groups oppose the vaccinations and accuse the workers of spying for the U.S. They point out the case of a Pakistani doctor used by the CIA to collect blood samples of the family of Osama bin Laden to track him down and kill him in Pakistan in 2011.

Islamic militants also try to block inoculation campaigns by portraying them as a conspiracy to sterilize people and reduce the world's Muslim population. Over the past year, nearly 20 health workers from the anti-polio campaign have been killed.

Pakistan is one of only three countries, along with Afghanistan and Nigeria, still affected by the polio virus. THE ASSOCIATED PRESS

Security concerns

The World Health Organization said in late March that some 240,000 children have missed UN-backed vaccinations against polio because of security concerns in Pakistan's tribal regions bordering Afghanistan.

- The WHO said health workers have not been able to immunize children in the North and South Waziristan regions, Taliban strongholds, since 2012.

Turkey. Handling of protests to test Obama's relationship with PM

Government crackdowns against protesters in Turkey could test the close ties between U.S. President Barack Obama and Turkish Prime Minister Recep Tayyip Erdogan, a strategically important U.S. ally in a tumultuous region.

Erdogan said Sunday it was his "duty" to order riot police to evict activists occupying an Istanbul park that became a centre of defiance against his rule.

The demonstrations in Turkey, now in their second week, cropped up after Erdogan's visit to the White House last month, which highlighted a variety of issues on which the U.S. needs Turkey's help.

They include quelling the violence in Syria, stabilizing Iraq and stemming Iran's nuclear ambitions. THE ASSOCIATED PRESS

Turkish police arrest a protester in Istanbul on Sunday.
RONNY ROMAN ROZENBERG/AFP/GETTY IMAGES

Sarajevo

One child killed, four injured by landmine

Police say five children accidentally set off a landmine while playing in Bosnia, and that one was killed and the others were injured.

The explosion happened on Sunday in Hadzici, a suburb of Sarajevo. A spokesman for the Sarajevo Kosevo hospital said the boys were injured in their abdomens, eyes and arms. Bosnia's 1992-95 war left the country filled with buried landmines. THE ASSOCIATED PRESS

Cairo

Cleric sentenced over Bible burning

A Muslim cleric received an 11-year suspended sentence Sunday for tearing up and burning a Bible. It was a rare prosecution over attacks on faiths other than Islam. THE ASSOCIATED PRESS

South Africa

Mandela's health improving

Former South African president Nelson Mandela is engaging with his family and seeing improvement from the recurring lung infection that forced him to spend a ninth day in the hospital on Sunday.

President Jacob Zuma said Mandela remains in serious condition but over the last two days his doctors have said improvements in his health have been sustained. THE ASSOCIATED PRESS

EgyptAir

Passengers seek asylum in U.K.

Five passengers from an EgyptAir flight diverted to a Scottish airport over an apparent threat to destroy the plane are now seeking asylum in Britain. The New York-bound flight made an emergency landing on Saturday. THE ASSOCIATED PRESS

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At G8, underlying worry is whether recovery lasts

Northern Ireland. Summit's agenda focuses on tax evasion and trade, but backdrop to talks is fraught global outlook

Members of Oxfam wear masks depicting G8 leaders in Belfast, Northern Ireland, on Sunday, a day ahead of the start of the G8 summit. Oxfam said that G8 leaders must cook up the right deal to fight hunger and poverty by tackling tax dodging. The masks depict, from left, U.S. President Barack Obama, German Chancellor Angela Merkel, Italian Prime Minister Enrico Letta, Japanese Prime Minister Shinzo Abe, British Prime Minister David Cameron, French President Francois Hollande, Russian President Vladimir Putin and Prime Minister Stephen Harper. PETER MORRISON/THE ASSOCIATED PRESS

Europe is mired in debt and recession. Financial markets have hit violent ups and downs on fears that U.S. stimulus efforts may soon be scaled back. Japan is finally looking up after years of stagnation — but it remains an open question if the recovery will stick.

That's the global economy that will confront the heads of the Group of Eight leading economies as they gather Monday and Tuesday for their annual summit in Northern Ireland.

British Prime Minister David Cameron will serve as summit host for U.S. President Barack Obama and the leaders of Germany, Italy, Canada, France, Japan and Russia. At the top of the agenda: New cooperation to fight tax evasion and increase transparency among governments. Also on the table will be how much help to give to rebels in Syria, and a push for lower trade barriers between the United States and the European Union.

Since last year's G8 meeting at Camp David in the U.S., there has been a modest economic upswing throughout the developed world and prospects are brighter after five years of turbulence and recession.

Yet despite progress, the economic outlook remains fraught with uncertainties.

THE ASSOCIATED PRESS

N.Y.C. Russian tycoon aims to meld minds and machines

Can the City That Never Sleeps become the City That Never Dies? A Russian multimillionaire thinks so. Dmitry Itskov gathered some of humanity's best brains, and a few robots, at his Global Future 2045 conference in New York City on Saturday to discuss how humans can get their minds to outlive their bodies. THE ASSOCIATED PRESS

Russian billionaire Dmitry Itskov speaks at the Global Future 2045 conference on Saturday in New York City. THE ASSOCIATED PRESS

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Paul Sullivan
regina@metronews.ca

I believe. Do you?

Do you believe that Premier Brad Wall is not playing politics? That he sincerely believes Justin Trudeau should give back the $20K plus expenses he was paid for smiling beatifically upon the Literacy for Life Conference in Saskatoon back in April 2012, before he was Liberal leader.

That he's not trying to help deflect the nation's disgust from right-leaning (if not right-thinking) senators Mike Duffy, Patrick Brazeau, and Saskatchewan's own expense-account scandal poster girl Pamela Wallin.

Speaking of belief, can you believe young Mr. Trudeau, who invoked the spirit of his famous father — on Father's Day no less — and tearfully offered to pay back or offer a free appearance to all the charities that have paid through the nose to feature his beaming beneficence at their events?

If you can believe in the sincerity of his mea culpa, Trudeau 2.0 could even be an upgrade on the original, who likely would have told everybody just to fuddle-duddle.

I must say, all this need for belief strains the credulity. If we're not careful, we'll use up all the spare credulity and there won't be any left for the really important exercises in blind faith like Santa Claus, the Easter Bunny and the Tooth Fairy.

What makes this political gunplay interesting is that we could be watching a showdown between future national leaders, west versus east, right versus left, leader of the opposition versus the prime minister.

I'll leave it to you to fill in the blanks.

It's so interesting that it is easy to forget the ethical underpinnings of the argument, which are worth reviewing:

Wall said that it was technically OK for Trudeau to keep the money, but he's appalled by the idea of charging $20K plus expenses for something as civic-minded as a literacy conference.

Of course the organizers of the conference knew what they were doing — and what they were getting — when they agreed to pay Trudeau's fee. You could hope that the $20K would go to teach a bunch of Saskatchewan kids to read rather than contribute to young Mr. Trudeau's gleaming smile, but that's on the organizers, not the gleamer who fulfilled his side of the bargain.

By insinuating that the money went into Trudeau's leadership campaign, Wall is in danger of being called for a cheap shot. The money came without any strings. Would the premier be any less upset if Trudeau bought a rare vintage Bordeaux or a leather-bound edition of his father's speeches, hand-lettered by the monks of Oka?

Still, Wall's Gambit (as it will no doubt come to be called) has been stalemated by Trudeau's brilliant Father's Day Defence. Junior could emerge smelling like a rose in his father's lapel: Trudeau 2.1.

And the premier escapes from this skirmish relatively unscathed; he can take some credit for forcing the prodigal to see the error of his ways.

As for the rest of us, we've just been served notice that the next generation of political leadership in Canada is flexing its muscles, ready to take charge. Exciting times: You can almost believe the new bosses are different than the old ones.

ZOOM

It's all fur the exhibition

JENS MEYER/THE ASSOCIATED PRESS PHOTOS

Taking a leap of four-legged faith

White Swiss shepherd dogs Kenai, left, and Yasu jump into the water during the dog diving competition at the International Pedigree Dog and Purebred Cat Exhibition in Erfurt, central Germany, Sunday.

Four thousand dogs and 150 cats from 20 countries were shown at the exhibition.

METRO

A Sphynx cat named Amhara's Mira waits at the cat exhibition.

Anything's paw-sible

- The event has been showcasing pets since its inception in 2000, and as of last year turned into a trade show.

Clickbait

Psst.... If you are looking for a way to prevent that pesky NSA from checking up on you, you can look into some of the many apps and add-ons that have been gaining in popularity because of their claims to protect your privacy. Here are just a few:

RedPhone:
Developed by Open Whisper Systems for Android, RedPhone's calls are encrypted between two users. They also have a text version: TextSecure.

Silent Circle:
You can join the circle of people who are already using Silent Circle's many data blockers. This one is for use on Android, iPhone, iPad and Windows and also lets you connect privately to people who aren't in the secret circle.

DoNotTrackMe:
The web add-on claims to put a lid on commercial web tracking from outside parties who come along and scoop your online trail, even if it is just playing MouseHunt and creeping Facebook.

Seecrypt:
For iOS and Android, Seecrypt is an app aimed at letting you call and text with others who use the service without having to worry about Big Brother looking over your shoulder. METRO

Comments

RE: Parliament Hill Tourist Guides Trained To Praise And Defend The Senate, published online June 16

The content of this article does not support the sensationalist headline. The NCC is not training an army of apologists or propagandists, they are training a group of young Canadians to provide information to visitors about Canadian governance (amongst many other topics).

What *would* have been sensational is if they had trained these summer students to greet visitors with a stinging indictment of the Upper Chamber or, for that matter, any other aspect of our governmental systems.

It should not, therefore, be seen as an apology for the Senate and its current troubles, nor a manifesto on what the Senate should be, but rather as what it is: a training manual intended to allow summer students to greet visitors with basic information about how Canada's government works.

Kris T posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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COMING SOON TO CAPITAL GMC...

Taking the time to reward entertainers for excellence in their fields is nice and everything, but everyone knows awards shows are really all about the red carpet. The MuchMusic Video Awards are no different:

METRO
regina@metronews.ca

MMVA red carpet looks

1 Taylor Swift. Black and White and Red hot

Despite being in the middle of a tour (she performed the night before to a bajillion teen girls at the Rogers Centre) Taylor looked lovely as always.

ALL PHOTOS THE CANADIAN PRESS

2 Kardinal Offishall. Brings the bling

Studded brass knuckles, two watches, and what appears to be a cranky sumo wrestler pendant might appear to be too much, but Kardinal keeps it together with a simple polo shirt. ALL PHOTOS THE CANADIAN PRESS

3 Ed Sheeran. Let's go Blue Jays let's go

The folk-pop favourite went for local with a vintage looking (all the way in '93 era?) sports tee. Looks like the ladies approved.

4 Marianas Trench. Swimming choices

Every party needs someone to wear the proverbial lampshade. The MMVAs got four with these fetching mermaid-man rockers.

5 Chavril. Matchy-matchy

Everyone's favourite (not!) two-headed CanCon celeb, Chad Kroeger and Avril Lavigne donned complimentary black leather, with a spikey crown for the lady. It even appears that they got the same dye-job at the salon.

Online

Want all the behind-the-scenes action from the MMVAs? Visit metronews.ca for more on last night's show.

And the winners are ...

- **Video of the year.** Inner Ninja - Classified ft. David Myles Director: RT! Half Life Records/ Universal Music Canada
- **Pop video of the year.** Desperate Measures – Marianas Trench Director: Kyle Davison 604 Records/ Universal Music Canada
- **Dance video of the year.** The Veldt – deadmau5 ft. Chris James Director: Manroop Takhar; Joel Zimmerman Ultra Music/ Universal Music Canada
- **Hip hop video of the year.** Started From The Bottom – Drake Director: X Universal Music Canada
- **Viral video of the year.** Gangnam Style – PSY Director: Lee Bo Young Universal Music Canada
- **Your Fave Artist/Group.** As Long As You Love Me - Justin Bieber
- **Your Fave Video.** Stutter - Marianas Trench, director: Kyle Davison
- **Your Fave International Artist/Group.** 22 - Taylor Swift

INTRODUCING THE ALL NEW

College: as told by Billy Crystal — a misfit and monster

Monsters University. Comedian sees parallels between his own NYU stint and his character's university experience

NED EHRBAR
Metro World News in Hollywood

Billy Crystal has played a lot of memorable characters — Harry in When Harry Met Sally, Mitch in City Slickers, Miracle Max in the Princess Bride — but after nearly 40 years in the business, he has a clear favourite from his repertoire: Mike Wazowski, the one-eyed green ball from Monsters, Inc.

So naturally the idea of reprising the role was one he welcomed. "Mike is fearless. He's really the favourite character I've ever played in anything I've done. I've really missed doing him," Crystal says.

But Crystal soon learned that in reprising Mike, he wasn't going to be doing any ordinary sequel. The pitch came short and sweet from Pixar and Disney Animation chief John Lasseter.

"It was at John's 50th birthday party, and (he) said, 'We have the idea. It's a sequel, but it's a prequel. They're in college.' And he just walked away," Crystal remembers.

"But he left an idea, and I went, 'Oh, this is gonna be great.'"

The film finds Monsters, Inc. buddies Mike and Sully (John Goodman) as just out of whatever the monster equivalent of high school is and not even acquaintances yet. In fact, a main conflict of the prequel is how much they initially don't like each other as they navigate the world of college.

While Sully is a hulking jock coasting on his natural abilities and family name, Mike is more of an outsider. That was something else Crystal found easy to relate to.

"I have to admit, I was a little bit of a misfit," he remembers.

"I was a film-directing major at NYU. I'm still not sure why I became a directing major when I was really an actor and a comedian, so I felt like I was a misfit, in a way, because all those other people — it was Oliver Stone, Christopher Guest, Mike McKean — were film people. Our professor was Marty Scorsese. Mr. Scorsese, which is what I had to call him — which I still do, when I see him, because he gave me a C."

Much as some valuable introspection and adversity points Mike to a career path he hadn't considered, Crystal soon found something he was better suited for than directing.

"Once I found a theatre group, then that becomes your fraternity house," he says.

"That really becomes your thing.

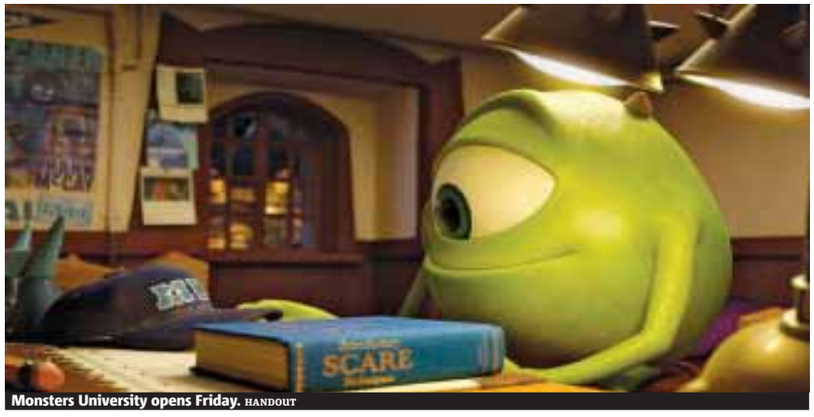
"In this movie, they find out who they are. That's the most important element of this movie to me: Mike has a dream, and the dream may not work out, and then he has to readjust and recalibrate. So for me, that really happened then."

Crystal confessions

Things that go bump in the night

The world of Monsters University is fuelled by screams and fear, harvested from unsuspecting human children, and to do the job properly — as Billy Crystal's Mike learns in the animated prequel — you have to really know what's going to scare someone. Which begs the question, what scares Crystal himself? Turns out he's afraid of the dark. "I still don't love the darkness, though I've learned to smile in it a little bit now and then," he admits, letting his usual quippy demeanor falter a bit. "The unknown has always been a little scary when you think about those things, especially as you get older. Boy, that got heavy."

NED EHRBAR



Monsters University opens Friday. HANDOUT

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Brit Ed Sheeran joins the A-team

All about the music. Young singer says that his newfound fame is still strange — but he's got a good guide in Taylor Swift

At the recent Billboard Music Awards, Ed Sheeran strummed his tender ballad Lego House on a candlelit stage wearing a plain black T-shirt, then went back to his seat in the audience next to buds Taylor Swift and Selena Gomez. Later, he tweeted: "Dunno if I fit in tonight but I enjoyed it, now to drink..."

It's a familiar feeling for the 22-year-old British breakout, who moved to the U.S. last year to further his career in North America after striking it big in the U.K. with the folk-hop debut + and, despite the major opportunities arriving with furious frequency on his doorstep, still isn't used to such glitzy events.

"I'm not Hollywood in the slightest," the engaging Sheeran said in a telephone interview this week. "I come from a very small town in England (Halifax), growing up watching these sort of events on TV, and then you find yourself at these events. I don't really dress smart ever. And I don't really wear designer clothes. So I'm instantly a bit like, 'Oh (crap), I really should have dressed up for this.'"

Still, in his tour mate and friend Swift, he has a good guide to his newly surreal life.

"Taylor sat me next to her and Selena Gomez and they both have the same kind of mind state when it comes to those award shows — it's either have fun with your friends or don't go. I enjoyed it. I just felt there was a lot of ego in the room. And I've never been a fan of ego. I don't think it's necessary."

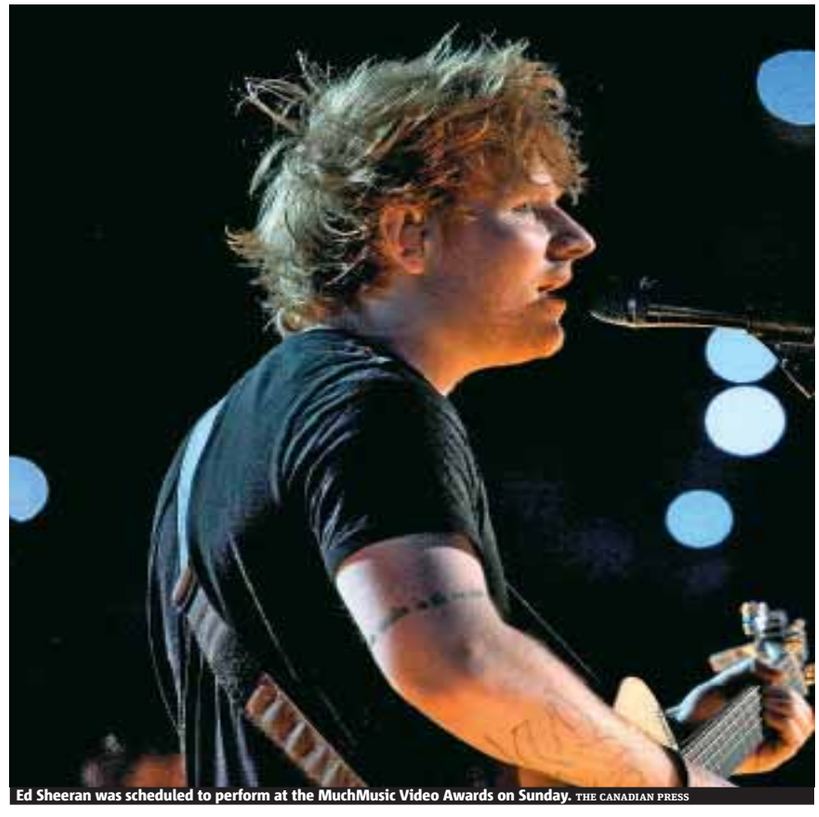
Sheeran, who performed at Sunday's MuchMusic Video Awards, is on good terms with South Korean rapper Psy, who co-hosted the show. The two drank together in Las Vegas and London.

"He's a really, really nice guy — he can definitely handle his drink," Sheeran said, noting that hanging out with Psy is "kind of everything you'd hope it to be."

"He's a very big personality." THE CANADIAN PRESS

On fame

Is Sheeran happy to have avoided tabloid attention? "I wouldn't mind dating a celebrity — that would be quite fun. You never know," he says with a laugh.



Ed Sheeran was scheduled to perform at the MuchMusic Video Awards on Sunday. THE CANADIAN PRESS

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COMING SOON TO CAPITAL GMC...

Stamos still thinks about 'the one that got away'

John Stamos reveals that before he and Lori Loughlin played husband and wife on Full House, they actually dated briefly in real life — and the memory has stayed with him.

"We were friends, we were on the soaps together and we actually did date," Stamos says during a Huffington Post live chat.

"We went on a date to Disneyland before, you know, before we were both married. In real life, when we were 18, 19 years old. We did have some off timing, but no disrespect to her family and her husband now, I would say that she could be the one that got away."

Twitter

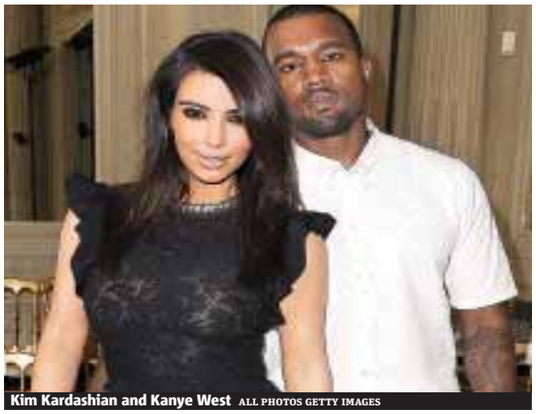
@ChloeGMoretz
When your phone tries to show you the stocks. No. Just. No iPhone.

@solangeknowles
Tilt, tuck, and tighten. No sit ups ever again.

@SarahKSilverman
There's no short cut. Even Batman has to do crunches.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Kim Kardashian and Kanye West ALL PHOTOS GETTY IMAGES

It's a girl for Kim and Kanye ... and she looks just like her mom

Kim Kardashian gave birth to a baby girl Saturday morning in Los Angeles, sources confirm to People magazine.

The baby, a first for Kardashian and boyfriend Kanye West, was believed to be due in July but arrived early, just days before the release date of West's new album, Yeezus. Sources says West was by Kardashian's side for the delivery.

Kardashian and West welcomed their daughter at Cedars-Sinai Hospital, and the new arrival already resembles her mom, a source tells E! News. "She looks just like Kim," the source says.

There has been no official word on a name for the little girl, but Kardashian reportedly told friends and family prior to the birth that her daughter's name "will start with a K."

West broke the news about Kardashian's pregnancy during a concert in Atlantic City in late December, and Kardashian revealed that she was having a girl several months later.

Pop Goes the Week

Is Leo chasing an Oscar with yet another biopic?

STARGAZING
Malene Arpe
scene@metronews.ca

Leonardo DiCaprio may be playing Rasputin in an upcoming biopic. And if that doesn't finally get him an Oscar, he'll keep the long beard, move to Russia and become Putin's very special advisor.

Taylor Swift went to visit Gwyneth Paltrow in London. And now she's never ever going to eat processed food again.

Jeremy Irons says he feels sorry for high-profile people accused of sexual abuse. Jeremy Irons's manager says he feels sorry for the sock he's had to stuff into his client's mouth.

Lindsay Lohan is reportedly spending her time at Betty Ford writing letters to friends and acquaintances. Dear Charlie Sheen; thank you for the last care package. I particularly enjoyed the "cookies," the "toiletries" and the "not at all two baggies of meth." Love Lindsay.

Katie Holmes had dinner with Gloria Steinem. While that may seem odd, they had plenty of things to talk about as Gloria, of course, is concerned with women's freedom and autonomy and Katie recently discovered that those two things actually exist.

Russell Brand says he became a mailman because he figured he'd get a lot of sexy time along his route. It didn't work out that way and neither did his becoming a pizza delivery guy, a home repairman and a fire fighter who never wears a shirt.

It's looking more and more like Katy Perry and Robert Pattinson are dating. She really likes his looks and sense of humour and he likes that she's not his cheating, contractually-obligated-to-fake-date co-star.

Jennifer Aniston has had a chicken coop built on her new estate. Not to be outdone, Gwyneth Paltrow immediately begins writing a book about that one time when she invented eggs.

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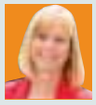
Vital checkpoints



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Realizing you forgot your passport at the hotel or your iPhone in a cab is extremely stressful, especially when travelling with kids. Here are checkpoints for any traveller.

Airplane seat pockets
Never put anything in the airplane seat pocket that you want to have with you when you leave the plane. Keep a bag under the seat in front of you with these items.

Hotel Rooms
Do a room check every time you leave, including bathroom, closet, dresser drawers, even when you are sure you didn't put anything there — little hands move things.

Taxi Cabs
Resist taking items out in the cab but upon leaving, take a good backward glance in case phones, wallets or other valuables have fallen out of your pocket or purse.

Airport Security
We're used to "stripping down" for security, but double check that phones, wallet, belts, passports are with you.

Restaurants
Do what's known as the "mom check." Check the table, the floor, and all the chairs for forgotten items (those little hands again!).

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

Exclusively online

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Kids are kicking it old school this season with bowling, bubbles and chalk among the hot items as the weather continues to warm up — at least according to the Canadian Toy Association, which held a summer event highlighting this very important topic

THE CANADIAN PRESS

5 toys of summer

Jeffrey Versluis, 12, plays with an oversized inflatable bowling set. THE CANADIAN PRESS/MICHELLE SIU

Oversized inflatable bowling set

Bring the bowling alley to your backyard this summer with this giant set of bowling pins and bowling ball.

Bubbles

The Canadian Toy Association chair Kerry George said bubbles continue to be big with the younger crowd, from colourful solutions with the traditional built-in wand to machines cranking out the globules at the push of a button.

Hayden Ruscio, 6, chases bubble, which make colourful patterns if they burst on paper.
THE CANADIAN PRESS/MICHELLE SIU

Lauren Burton, 7, draws with chalk using one of 56 chalk colours. THE CANADIAN PRESS/MICHELLE SIU

Chalk

For the more artistically inclined, sidewalk chalks in a multitude of hues — and even glittery varieties — will keep pavement Picassos occupied.

Airplanes and other contemporary toys

Boys still love planes, cars and trains. One notable difference among some contemporary toys is the use of eco-friendly materials, like the PVC-free Green Toys Tractor crafted from recycled milk jugs.

Sasha Denis, 11, launches an airplane. THE CANADIAN PRESS/MICHELLE SIU

Aliyah Reisch, 6, plays on an inflatable playground set.
THE CANADIAN PRESS/MICHELLE SIU

Inflatable playground set

Who doesn't love the feeling of going down a slide? With inflatable playground sets, kids can enjoy the feeling in their own backyard.

Slide into barbecue season

Ingredients

Pineapple Salsa
- 1 can (375 ml/12 oz) pineapple tidbits
- 30 ml (2 tbsp) fresh lime juice
- 30 ml (2 tbsp) olive oil
- 1 garlic clove, crushed
- 1 ml (1/4 tsp) pepper flakes
- 5 ml (1 tsp) sugar
- 1 jalapeno pepper, diced
- 50 ml (1/4 cup) each diced red pepper and red onion
- 15 ml (1 tbsp) each finely chopped cilantro and parsley
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) pepper

Chicken Sliders
- 500 g (1 lb) ground chicken
- 45 ml (3 tbsp) finely crushed saltine crackers
- 15 ml (1 tbsp) pineapple juice
- 45 ml (3 tbsp) thick teriyaki sauce
- 5 ml (1 tsp) dried parsley
- 30 ml (2 tbsp) grated onion
- 1 ml (1/4 tsp) salt
- 2 ml (1/2 tsp) pepper
- 125 ml (1/2 cup) thick teriyaki sauce (to use for glazing after sliders come off grill), plus more for basting
- 16 to 18 small slider buns

This recipe makes 16 to 18 sliders. THE CANADIAN PRESS H/O

1. To make salsa: Drain pineapple tidbits, reserving 15 ml (1 tbsp) of liquid for sliders. Squeeze lime juice into glass bowl and add drained pineapple and olive oil. Stir in garlic, red pepper flakes and sugar. Stir veg and herbs into pineapple mix. Add salt and pepper. Refrigerate for at least 2 hours

2. In mixing bowl, place all ingredients except 125 ml (1/2 cup) teriyaki sauce and buns. Using hands, gently mix until all ingredients incorporated.

3. Form small meatballs and flatten in palm of your hand to make patties that are no larger than 7.5 cm (3 inches) in diameter. Place on parchment-lined baking sheet until ready to grill.

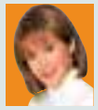
4. Grill chicken sliders, basting with teriyaki sauce on both sides. Cook sliders until a meat thermometer registers 74 C (165 F).

5. Heat 125 ml (1/2 cup) teriyaki sauce and pour into a glass baking dish. When sliders come off the grill, place into warmed sauce to glaze.

6. Toast split buns, if desired, and place meat on buns. Top with pineapple salsa. Serve. **THE CANADIAN PRESS/ MENNONITE GIRLS CAN COOK CELEBRATIONS BY LOVELLA SCHELLENBERG ET AL (HERALD PRESS, 2013).**

Healthy eating

Choose it and lose it



ROSE REISMAN
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While Freshii is typically known for its healthy choices, there are some menu items that boast an excess of calories, fat and sodium.

Freshii Burrito

1,036 calories /60 g fat /1,315 mg sodium

This burrito has close to a day's worth of calories, fat and sodium. The tortilla and rice exceed your calories and carbs in one meal. The other culprits are the beef, cheeses, avocados and ranch dressing.

Equivalent

One Freshii Burrito with a whole wheat tortilla, brown rice, black beans, steak, jack and cheddar cheeses, avocado and ranch dressing is equivalent in fat to two 470 g McCain thin crust chicken and red pepper pizzas.

Freshii Turkey Wrap

262 calories/11g of fat/1,077 mg sodium

The turkey is leaner than the beef and the salsa replaces the high calorie and fat ranch dressing.

Catch of the day in a taco

1. Heat the oven to 200 F.

2. In a food processor, combine the avocado, buttermilk, 1 clove of garlic, lime juice and salt and pepper. Puree until smooth, then set aside.

3. In bowl, combine cabbage, remaining garlic, carrot, radishes, vinegar, sugar, lime zest and hot sauce. Season with salt and pepper and toss well. Set aside.

4. Heat skillet (such as cast-iron or stainless steel, but not nonstick) over medium heat. One at a time, place the tortillas in the skillet and toast for about 30 seconds per side. As the tortillas are toasted, stack them on a sheet of foil. Wrap the foil around the tortillas, then place them in the oven to keep warm.

5. In a wide, shallow bowl, combine about 1 cup of flour with 1 tablespoon of salt and 1 teaspoon of pepper. One at a time, dredge each piece of fish through the flour until coated evenly. Shake off any excess.

6. In nonstick skillet over medium-high, heat 1 tablespoon of oil over medium-high. Add half of the fish to the pan and cook, turning once, until golden and cooked through, about 3 minutes a side. Transfer to an oven-safe plate and set in the oven to keep warm. Repeat with the remaining oil and fish.

7. To serve, top each tortilla with a bit of the avocado purée, then a piece of fish. Drain cabbage mix, then mound some of that over each portion. Serve with jalapeno slices and cilantro on the side. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE BOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients
- 1 large Hass avocado, peeled, pitted and cut into eighths
- 1/3 cup buttermilk
- 2 cloves garlic, minced, divided
- Juice of 1 lime
- Kosher salt and ground black pepper, to taste
- 3 cups shredded Napa cabbage
- 1 1/2 cups coarsely grated carrot
- 1 cup coarsely grated radishes
- 1/4 cup white wine vinegar
- 1/4 tsp sugar, or to taste
- Zest of 1 lime
- Hot sauce, to taste
- Eight 6-inch corn tortillas
- Whole-wheat flour, for coating the fish
- 1 lb tilapia fillets, cut into 8 equal pieces
- 3 tbsp vegetable oil
- Sliced fresh jalapeno peppers, to serve
- Chopped fresh cilantro, to serve

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

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Evolution of the internship. Placements not only for the young

In The Internship, Owen Wilson and Vince Vaughn play two salesmen who find themselves vying for a tech internship after their careers have been wiped out by the digital age. HANDOUT

The process of hunting for, securing and ultimately completing an internship in a desired career field has evolved into a stressful reminder of the hurdles that await potential job seekers post-college graduation.

The recent release of the summer blockbuster, The Internship, starring Vince Vaughn and Owen Wilson, glamorizes one of the business world's most sought-after internships while lampooning the plight of two 40-year-olds who land a college tech geek's dream job — internships at Google. In the current business landscape, the movie's premise might not entirely be Hollywood fiction.

Michael Crom, executive vice-president of Dale Carnegie Training, evaluates trends in the business world, often working with companies to assess both paid and unpaid internships. As a leader of a global performance improvement, assessments and training company, Crom has seen the importance of internships, for both employer and intern, grow mightily in recent years.

The Internship is Hollywood satire, but is it reasonable to believe that companies could start hiring interns who aren't college-aged?

Ch-ch-ch-ch-changes

How have internships evolved over the last decade?

- "I think with the financial crisis, internships became more and more important," Crom says.
- "In some ways companies began to rely on interns in lieu of full-time and part-time people as a way to fill in some of the gaps that were created by the economic pressures. Many companies are putting a heavy emphasis on using this a screening tool."

I think you may see some older people doing it if they make a career transition. Not all employers will accept someone who is not a college-aged intern, but there are those that would take a 40-year-old intern and benefit from it. Sometimes if you're laid off, for example, you might have some continued compensation and it might give you a few months to take an internship that is unpaid.

CHRIS LONGO, METRO WORLD NEWS

Work from 'om': Breathe in a better business model

Find your happy place at the foot of your desk. ISTOCK

Free your mind, the rest will follow.

How moments of meditation can give workplace productivity a gentle boost

JANE BORDEN
Metro World News

Your business's productivity grows when employees increase focus, improve decision-making, unlock creativity and improve teamwork skills — all qualities enhanced by mindfulness meditation practices.

In 1995, Mirabai Bush helped found the Center for Contemplative Mind in Society, to explore how mindfulness practices, long used in alternative healing, might affect other sectors of American life.

The centre developed programs working with lawyers and judges, social justice activists, higher-education organizations and journalists.

But it is Bush's work with businesses — like Google, National Grid, Monsanto and General Mills — that's really taking off. We asked her why.

Keep calm and carry on

"There are deeper benefits. If you pay attention to your breath for 20 minutes, you watch everything in your mind arise and fall away over and over again."

Mirabai Bush
Founder of the Center for Contemplative Mind in Society

Isn't it surprising that the corporate world is so open to meditation?

Well, successful businesses are extremely pragmatic. They'll do anything if it works. And the bottom line is measurable, unlike in other organizations. Also, in the last 10 years, there has been quite a lot of research on meditation's effects on the brain. All of this is interesting to people in business.

Which practices do companies find most effective?

It depends. We tailor workshops to an organization's needs. For instance, at Google, we realized that these very smart and competitive people had been in front of screens for most of their lives.

They're good at algorithms, but not necessarily at working together. So we set up practices that develop awareness of yourself and others and appreciation for others.

It's since been taught at Google headquarters in New York, Zurich, Beijing and Dublin. More than 1,000 engineers have gone through the program.

What's next? If companies are taking 101 now, what's the graduate-level course?

I've started teaching compassion meditations, which I'd at first thought would require too much vulnerability.

You mentioned that companies cite bottom lines, but what, to you, is the real payoff?

There are deeper benefits. If you pay attention to your breath for 20 minutes, you watch everything in your mind arise and fall away over and over again. You begin to appreciate constant change.

The main madam of media on social life

This girl's no Twit. Twitter's Canadian director Kirstine Stewart chats about the company's move to Canada, how to tweet effectively, and how she hopes to encourage greater activity

Twitter's Canadian director, Kirstine Stewart. HANDOUT

Even before she officially joined the team at Twitter, the CBC's former executive vice-president of English services, Kirstine Stewart, was doing her part to boost the social network's profile in Canada.

The frequent Twitter user with nearly 17,000 tweets to her name proudly proclaims that she was the one responsible for convincing the always controversial and quotable Don Cherry to sign up for the social network last year.

On Thursday, she was trying to generate some more tweets in a more official capacity. Representatives from some of the biggest brands in Canada packed a convention room in Toronto for the official launch of Twitter Canada, where Stewart was joined by a host of "VITS" (very important tweeters) including Dragons' Den judge Arlene Dickinson and Montreal Canadiens defenceman PK Subban.

Since becoming the company's Canadian director a month ago, Stewart has announced big partnership deals with Bell Media and Shaw Media.

What have you learned since joining Twitter?

I didn't understand how quickly the technology can move to benefit the user. It's been fascinating, when you think about Twitter only being seven years old. ... But I almost don't feel like I'm behind because there's always something new to learn.

How will you get Internet users who currently think Twitter isn't really for them to join in?

I think people in Canada, we're pretty technology (friendly); we're not fearful. I think the nice thing about all the different kinds of technology in Canada is we pick it up pretty quickly.

Is this platform passé?

- According to a recent report by the Media Technology Monitor, based on surveys conducted in the fall with 4,001 anglophone Canadians, less than one in five Internet users said they were on Twitter in the past month, although those numbers had grown by 80 per cent in a year, up from just 10 per cent in 2011.

Do you think before you tweet or do you not care which thoughts are in the air? ISTOCK

There's obviously opportunities to develop more engagement on Twitter. In particular, creating great content will just drive people. It actually pulls them instead of driving them, they're actually pulled to great content. And I think people will have a hard time avoiding Twitter.

You've held high-profile positions that could be jeopardized by a poorly worded tweet. How do you keep yourself out of trouble but stay interesting? How often do you think twice about a tweet and delete it instead of hitting send?

I don't think I've ever deleted a tweet mid-tweet. ... I think you know what to engage in and to not engage in.

And I think it is (good to have) that great blend of personal and professional, but whatever you're putting out there on Twitter you've got to know that it's not just available to every Canadian, it's broadcast worldwide.

There might be a level of caution but I think if there's authenticity, if you're true to yourself and you talk about things that matter to you, you're going to find people it also matters to as well. You just have to be real.

THE CANADIAN PRESS

'We've come a long way with our monsters'

Guys and dolls. This family business is fuelled by creativity, care and a spirit of companionship

Ray Tollison regularly stays up until 2 a.m. working at his company's headquarters — his Fort Collins, Colo., basement — while his business partners sleep.

They need it. Tollison's two partners in A Monster to Love, a company that makes plush monsters, are his twin sons, Sam and Ben, 11.

The trio launched the company 18 months ago with an old Singer sewing machine and ideas that bubbled out of Ben, the lead designer (Sam spearheads the sewing). The boys were inspired by their collections of stuffed toys, including Uglydolls. They and their dad learned how to use the machine and hand-sew.

"If you were to see the originals, I mean, I can't believe people bought them," says Tollison, 43. "We've come a long way with our monsters."

Since Ben and Sam are fraternal twins, they wanted each plush monster to have a not-quite-exact duplicate, so they make them all in pairs. Buy one monster — they start at $25 — and A Monster to Love will donate the second to another child. They send them to hospitalized children, and to several local and international nonprofit groups.

So far, Tollison and the boys have donated more than 1,000 monsters.

More than 100 have gone to Realities for Children, says Jennifer Varner, marketing and events director for the non-profit group, which serves neglected and abused children in Larimer County, Colo. Knowing that their monster has a twin helps these children believe they're also not alone, she said.

"Every time they see one of those crazy little monsters, their eyes light up," Varner says. "We tell them the story that these other children created the monster because they didn't want them to be alone."

Ray Tollison, centre, with his twin sons, Ben, left, and Sam posing with monster dolls in their van at their home. ED ANDRIESKI / THE ASSOCIATED PRESS

Often, buyers request that a monster go to a specific child. Katy Tychsen bought one for her daughter, Caroline, last year and asked that its look-alike be sent to her niece, Maggie Quirk, a 12-year-old who was undergoing testing for seizures at a Boston hospital. Early this year, when Caroline, now 13, was hospitalized in Denver to have a tumour removed, Maggie's family in Marion, Mass., reciprocated: Caroline received A Monster to Love.

"Delivering a package at your door at the hospital, and it's this cute little monster — I think it's a great gig all around," says Katy Tychsen, of Fort Collins.

Helping a hospitalized child is partly what motivates Tollison to keep his late-night hours; so does working with his boys.

During the day, he's a website manager for World Relief, a humanitarian-aid organization, which also helps deliver some of the monsters.

THE ASSOCIATED PRESS

The facts of life

- During the school year, Sam and Ben also sing in a children's choir, but spend much of their free time making monsters.
- This summer, between camps, the boys plan to make more monsters to sell at weekly summer crafts markets
- Their toys are sold at amonstertolove.com, and on etsy.com.

4 SPORTS

MLB

Jays overwhelm Rangers for sweep

Chien-Ming Wang won for the first time in more than a year, Colby Rasmus homered for a third straight game and the Toronto Blue Jays completed a four-game sweep by beating the Texas Rangers 7-2 on Sunday for their fifth straight victory.

The Rangers lost their sixth in a row and fell to 1-6 on a season-high 11-game homestand. Texas has dropped six straight for the first time since April 15 to 21, 2010.

Wang (1-0) allowed seven hits in seven shutout innings to win for the first time since last June 12 with Washington.

Adam Lind hit a three-run homer and J.P. Arencibia added a two-run shot for Toronto. The Blue Jays outscored the Rangers 24-4 to sweep a four-game series at Texas for the first time. THE ASSOCIATED PRESS

Iced-out accessory

Putin denies theft of Super Bowl ring

Russian President Vladimir Putin is denying insinuations that he stole New England Patriots owner Robert Kraft's Super Bowl ring that's now on display in the Kremlin, but says he's ready to buy him another ring as a gift.

"I took out the ring and showed it to (Putin). And he put it on and he goes, 'I can kill someone with this ring,'" Kraft said, as quoted by the New York Post. "I put my hand out and he put it in his pocket, and three KGB guys got around him and walked out." THE ASSOCIATED PRESS

Justin Rose celebrates with the U.S. Open Trophy following his win at Merion Golf Club on Sunday in Ardmore, Pa. ANDREW REDINGTON/GETTY IMAGES

Rose blooms in time for 1st major victory

Golf. Englishman calm in making clutch shots while Mickelson plays to sixth second-place finish at U.S. Open

A steady hand gave Justin Rose the shiny U.S. Open Trophy. A wild ride gave Phil Mickelson yet another silver medal.

Rose captured his first major championship on Sunday with remarkable calm and three pure shots on the punishing closing holes at Merion. A par on the 18th hole gave him an even-par 70, and that was good enough for him to become the first Englishman in 43 years to win America's national championship.

Rose hit 5-iron to the first cut of rough, pin-high on the 17th for an easy par. He smashed the most important tee shot of his career down the middle on the final hole, about 10 yards short of the famous Ben Hogan plaque. And his approach rolled near the pin and settled against the collar of the green.

"When I came over the hill and saw my ball lying in the fairway, I thought, 'This is my moment.' It was me hitting from the middle of the fairway," Rose said.

As usual, someone's big moment in the U.S. Open came at Mickelson's expense.

With fans chanting, "Let's go Phil!" Mickelson paced off a last-ditch effort to force a playoff. It was a long shot — the 18th hole didn't yield a single birdie all weekend. From about 40 yards away, Mickelson's chip for birdie raced by the cup, securing Rose's victory.

Mickelson, already in the U.S. Open record book with five second-place finishes, wound up with a bogey on the 18th for a 74 and tied for second with Jason Day, who closed with a 71. THE ASSOCIATED PRESS

Merion tames Tiger

Tiger Woods wore his usual Sunday red shirt, but it didn't keep him from quickly achieving a dubious double — out of bounds and a 3-putt on the same hole. That made for a triple-bogey 8 at No. 2. He shot a 74 to finish 13 over par.

- Sunday was five years to the day since Woods won the U.S. Open at Torrey Pines. His running tally of majors wins is stuck on 14, four shy of Jack Nicklaus' record.

The Capitals' Alex Ovechkin suffered a hairline fracture during Game 6 of the Eastern Conference quarter-finals against the Rangers. GETTY IMAGES FILE

MVP shrugs off broken foot

Alex Ovechkin said his broken left foot is healing well after playing almost three full games on it last month.

The Washington Capitals captain, who won his third Hart Trophy as the NHL's MVP, suffered a hairline fracture in Game 6 of the Eastern Conference quarter-finals against the New York Rangers. He did not miss any time, playing in Game 7 the next night and then at the IIHF world championship days later.

"Foot is OK," Ovechkin said on a conference call Sunday morning. "Right now I'm walking fine. I'm gonna start playing tennis soon so I'm gonna be in good shape.... It's kind of getting better. I feel pretty good about my foot."

Ovechkin kept playing because he could not make the injury worse. He knew something was wrong but said Sunday morning on a conference call that he did not have an MRI until after playing for Russia in Stockholm.

"I make a blocked shot. The puck broke my foot, and I played with it," Ovechkin said. "I never asked (Capitals trainer Greg Smith) or (Dr. Benjamin Shaffer) about let's make an MRI or something. I just played the game because it's the playoffs. It doesn't matter what happen. You have to be there and you have to play the best that you can."

Ovechkin played all 48 regular-season and seven playoff games for the Capitals, even though general manager George McPhee said he was playing through some other undisclosed injuries. THE CANADIAN PRESS

Balanced battle of the B's all even for Game 3

Stanley Cup final.
Neck-and-neck faceoff has the makings of a marathon series

Blackhawks centre Jonathan Toews shoots the puck wide against Tuukka Rask in Game 2 of the Stanley Cup final on Saturday. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Jaromir Jagr heard the clank of the puck off the post and did all he could to contain his emotions. Patrick Sharp had to move on, too, after he came oh-so-close to ending Game 2 of the Stanley Cup final.

Both players had no choice, even as they lamented the "game of inches" they deal with every day. In this series it's particularly difficult because the Boston Bruins and Chicago Blackhawks appear so evenly matched.

The difference between the Blackhawks being up 2-0 and the teams being tied going into Game 3 Monday night in Boston? "We score an extra goal," Bruins captain Zdeno Chara said.

It is that tight after 186 minutes of hockey, as the Blackhawks and Bruins come to grips with the closeness of the cup final and the razor-thin margin for error.

"No one said it was going to be easy," Chicago captain Jonathan Toews said. "No one said everything was going to go our way. Some moments, you feel pretty darn good, like when we won Game 1 in triple overtime, and (Saturday night) it doesn't feel good. You've got to find a way to get over it to move to the next time you're going to be on the ice, and not let it affect you."

It's the first time in nine years that the cup final is tied at a game apiece. The last occurrence came when the Tampa Bay Lightning faced the Calgary Flames in 2004, winning in seven.

Before last season, the last time the first two games went to overtime was 1951. It has created plenty of drama and frustration, especially for Jagr, who came close to winning each game.

"I got no problem with it. It's a hockey game," Jagr said. "It's not (a) problem for me. Of course you have to forget about it and try to score next time."

The Blackhawks know all too well about a series hanging in the balance in overtime. They needed it to beat the Detroit Red Wings in Game 7 of the Western Conference semifinals and then again to put away the Los Angeles Kings a round later.

THE CANADIAN PRESS

Turban ban overturned

Solidarity returns to Quebec soccer

The Beautiful Game shed an ugly debate on Saturday as the Quebec Soccer Federation ended its internationally criticized turban ban and the Canadian Soccer Association welcomed it back into the fold.

The news was greeted with cheers by a mostly Sikh crowd at a solidarity soccer game organized in a Montreal suburb, where people of all ages and skills charged onto the pitch wearing turbans.

"I'm excited and I'm proud as a Quebecer that the decision has come to allow the kids to get back on the field," said Amar Magon, one of the organizers of the game.

The Quebec Soccer Federation announced the end of its ban Saturday morning, saying it was relieved to receive clear instructions from FIFA on what has become a contentious issue.

"It has been our intention from the onset to get a confirmation that FIFA allowed wearing of turbans, patkas or keskis," said Brigitte Frot, the Quebec federation's executive director.

Young players participate in a game of solidarity in Montreal after the Quebec Soccer Federation lifted its turban ban on Saturday. THE CANADIAN PRESS

"We are very happy that FIFA has responded to our request and by the same token dispelled the ambiguities created by a lack of clarification."

FIFA announced on Friday that it was authorizing the wearing of male head covers at all levels of Canadian soccer. A statement said the headwear must be the same colour as the jersey, look professional and not pose any danger to players. The ban prompted the Canadian Soccer Association to suspend the Quebec Soccer Federation on June 10. THE CANADIAN PRESS

NHL

STANLEY CUP FINAL

(BEST-OF-7; All Times Eastern)

CHICAGO (1) VS. BOSTON (4)

(Series tied 1-1)

Saturday's result
Boston 2 Chicago 1 (OT)
Monday's game
Chicago at Boston, 8 p.m.
Wednesday's game
Chicago at Boston, 8 p.m.
Saturday's game
Boston at Chicago, 8 p.m.
Monday's game
x-Chicago at Boston, 8 p.m.
Wednesday's game
x-Boston at Chicago, 8 p.m.
x — played only if necessary

NBA

FINALS

(BEST-OF-7; All Times Eastern)

MIAMI (1) VS SAN ANTONIO (2)

(San Antonio leads 2-1)

Sunday's result
Miami at San Antonio
Thursday's result
Miami 109 San Antonio 93
Tuesday's game
San Antonio at Miami, 6 p.m.
Thursday's game
x-San Antonio at Miami, 9 p.m.
x-Played only if necessary

GOLF

PGA U.S. OPEN CHAMPIONSHIP

At Ardmore, Pa.
Final round — Par 70

Justin Rose	71-69-71-70—281
Jason Day	70-74-68-71—283
Phil Mickelson	67-72-70-74—283
Jason Dufner	74-71-73-67—285
Billy Horschel	72-67-72-74—285
Ernie Els	71-72-73-69—285
Hunter Mahan	72-69-69-75—285
Luke Donald	68-72-71-75—286
Steve Stricker	71-69-70-76—286
Also:	
David Hearn	**78-69-73-71—291**
Mike Weir	**72-76-75-69—292**

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	42	29	.592	—
Baltimore	40	30	.571	1½
New York	38	31	.551	3
Tampa Bay	36	33	.522	5
Toronto	32	36	.471	8½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	38	29	.567	—
Cleveland	34	34	.500	4½
Kansas City	33	34	.493	5
Minnesota	30	36	.455	7½
Chicago	28	38	.424	9½

WEST DIVISION

	W	L	Pct	GB
Oakland	42	29	.592	—
Texas	38	31	.551	3
Seattle	31	39	.443	10½
Los Angeles	30	39	.435	11
Houston	26	44	.371	15½

Sunday's results
Cleveland 2 Washington 0
Baltimore 6 Boston 3
Kansas City 5 Tampa Bay 3
Houston 5 Chicago White Sox 4
Detroit 5 Minnesota 2
Toronto 7 Texas 2
N.Y. Yankees 6 L.A. Angels 5
Oakland 10 Seattle 2
Saturday's results
Toronto 6 Texas 1
Boston 5 Baltimore 4
Tampa Bay 5 Kansas City 3
Washington 7 Cleveland 6
Houston 4 Chicago White Sox 3
L.A. Angels 6 N.Y. Yankees 2
Minnesota 6 Detroit 3
Seattle 4 Oakland 0
Monday's games — All times Eastern
Kansas City (Shields 2-6) at Cleveland (Carrasco 0-2), 7:05 p.m.
Colorado (De La Rosa 7-4) at Toronto (Johnson 0-2), 7:07 p.m.
Baltimore (Arrieta 1-1) at Detroit (Scherzer 9-0), 7:08 p.m.
Oakland (Straily 4-2) at Texas (Tepesch 3-6), 8:05 p.m.
Chicago White Sox (Quintana 3-2) at Houston (Norris 5-6), 8:10 p.m.
Seattle (Harang 3-6) at L.A. Angels (Vargas 5-4), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	40	28	.588	—
Washington	34	34	.500	6
Philadelphia	33	37	.471	8
New York	25	39	.391	13
Miami	21	47	.309	19

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	44	25	.638	—
Cincinnati	42	28	.600	2½
Pittsburgh	41	28	.594	3
Chicago	28	39	.418	15
Milwaukee	28	40	.412	15½

WEST DIVISION

	W	L	Pct	GB
Arizona	37	32	.536	—
Colorado	37	33	.529	½
San Francisco	35	32	.522	1
San Diego	35	34	.507	2
Los Angeles	29	39	.426	7½

Sunday's results
N.Y. Mets 4 Chicago Cubs 3
Miami 7 St. Louis 2
Cincinnati 5 Milwaukee 1
Pittsburgh 6 L.A. Dodgers 3
Colorado 5 Philadelphia 2
San Diego 4 Arizona 1
San Francisco at Atlanta
Saturday's results
Chicago Cubs 5 N.Y. Mets 2
Atlanta 6 San Francisco 5
L.A. Dodgers 5 Pittsburgh 3 (11 inn.)
Colorado 10 Philadelphia 5
St. Louis 13 Miami 7
Milwaukee 6 Cincinnati 0
San Diego 6 Arizona 4
Monday's games — All times Eastern
Chicago Cubs (Wood 5-5) at St. Louis (Miller 7-4), 7:05 p.m.
Washington (Haren 4-8) at Philadelphia (Lannan 0-1), 7:05 p.m.
Pittsburgh (Liriano 5-2) at Cincinnati (Leake 6-3), 7:10 p.m.
N.Y. Mets (Gee 5-6) at Atlanta (Hudson 4-6), 7:10 p.m.
Miami (Turner 1-0) at Arizona (Corbin 9-0), 9:40 p.m.
San Diego (Volquez 5-5) at San Francisco (Zito 4-5), 10:15 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Despite what you might believe, nothing is holding you back. It may seem as if barriers are blocking your path but the closer you get to them, the further away they will retreat.

♉ Taurus
April 21 - May 21
You may have a lot of ground to make up on rivals and competitors but there is no need to rush things. Spend the first few days of the week just watching and waiting. Your time will come — soon.

♊ Gemini
May 22 - June 21
You will gain a lot more respect today if you are direct with people. Forget about being polite, just say what needs to be said. You don't have time to worry about people's precious feelings.

♋ Cancer
June 22 - July 23
Don't choose the easy option just because you cannot be bothered to make much of an effort. If you let things slide now you will only have to work twice as hard later to make up for lost time. Be sensible.

♌ Leo
July 24 - Aug. 23
You must not let your standards slip today. If you do, others will use that as an excuse to give less than they should. Always be a good example and do your very best.

♍ Virgo
Aug. 24 - Sept. 23
If you slow down to think about what you are doing today you run the risk of stopping altogether. Keep your momentum going and keep moving towards your goal.

♎ Libra
Sept. 24 - Oct. 23
You may be tempted to highlight something you know a friend would be embarrassed by. It might be worth a laugh but what would it do to your relationship? Keep it to yourself.

♏ Scorpio
Oct. 24 - Nov. 22
Steer clear of financial matters that have nothing to do with you. If you allow yourself to be drawn into a situation you know little about at best you will gain nothing — and you may lose a lot.

♐ Sagittarius
Nov. 23 - Dec. 21
Any disagreements you may be having will be short-lived, so don't place too much importance on them. This may even be one of those occasions when drama brings you closer to the ones you love.

♑ Capricorn
Dec. 22 - Jan. 20
The planets are urging you to aim high, even if your resources are low. The bigger your plans, the harder you will work and the more likely it is you will attract the opportunities you need to grow.

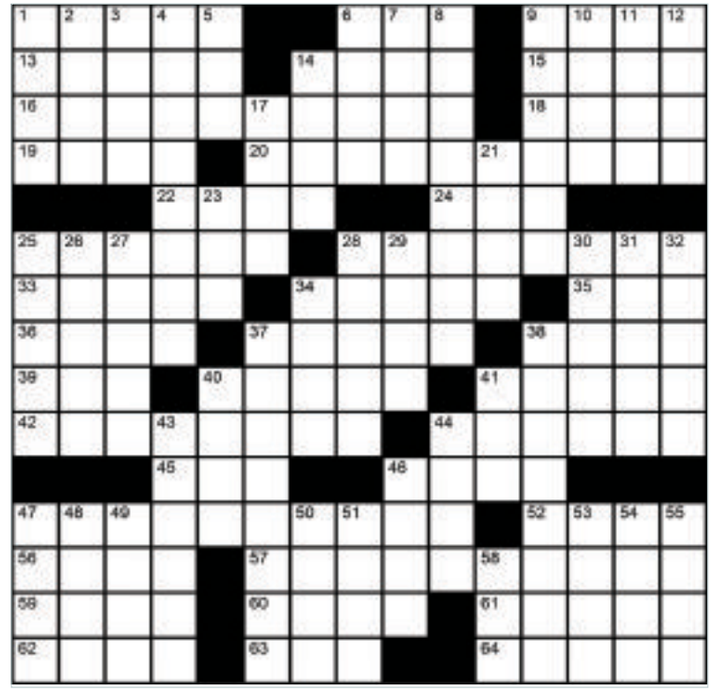
♒ Aquarius
Jan. 21 - Feb. 19
It's OK envy others' achievements as it encourages you to do better. Over the next few days, you'll be inspired to copy someone you look up to. Soon others will be copying you.

♓ Pisces
Feb. 20 - March 20
A windfall of some kind helps you believe Lady Luck is on your side, which in turn makes it easier to take calculated risks that improve your chances of success. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

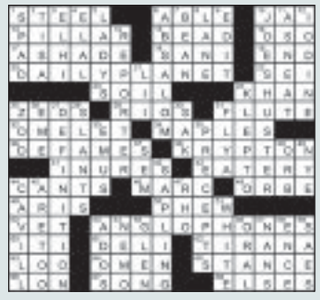
BY KELLY ANN BUCHANAN



Across
1. Archibald __ (Cary Grant's birth name)
6. Martin Scorsese's occ.
9. Actress Ms. Irving's
13. New Delhi's country
14. Skipper's need
15. Church area
16. The Lord's trophy: 2 wds.
18. Ms. Cannon (Fourth wife of #1-Across)
19. Bride-__-__
20. CN Tower's 360 __
22. Cons opposites
24. Wrath
25. 1936: For whom King Edward abdicated the throne, __ Simpson
28. Ontario city on the St. Lawrence River
33. Brit singer, Lily __
34. Changes residence
35. Baseball's Astros, on scoreboards
36. Linen-making fibre
37. Sulked
38. Nerd
39. Mr. Hanks
40. Downy duck
41. Canadian actress Ms. Eastwood
42. Surprised suddenly
44. Chef Gordon __ of FOX's "Hell's Kitchen"
45. Blue stuff on paper
46. Rave about
47. Ontario town in The Tragically Hip song that starts "I left your house this morning..."
52. Hasbro toy brand
56. Beehive State
57. _ rafting
59. Get up
60. Chocolate bar
61. Acclaimed choreographer, Alvin __
62. Disapproving utterances
63. "__-haw!"
64. Tomato plant support

Down
1. Itemize
2. Prefix to 'mology' (Study of insects)
3. Small amount that'll do ya: 2 wds.
4. Canadian movie theatres company
5. "2001: A Space Odyssey" (1968) computer
6. Physicians, e.g.
7. '50s song: "_ __ a Spell on You"
8. Fixed
9. Brother of Prince Charles
10. Poet Ms. Angelou
11. Mr. Cournoyer, Hockey Hall of Famer
12. Dispatched
14. Deli breads
17. Greek Myth: God of love
21. Vases
23. __ Tin Tin
25. Drifts through the air
26. Dispense
27. Cud-chewing creature
28. Got by
29. Finished
30. Nautical greetings!
31. 1869 R.D. Blackmore novel, __ Doone
32. Great Big Sea song that goes "...boat is painted green / Ha, me boys!"
34. Style
37. Earth's galaxy: 2 wds.
38. Canadian singer/songwriter Ms. Doyle
40. Cirneco dell'__ (Dog breed)
41. Affirmatives, in Austria
43. Wealth
44. Old Scandinavian symbol
46. Attend: 2 wds.
47. Mr. Reynolds
48. Mr. Redding
49. Relish
50. Clarified butter
51. Dublin's land
53. Fun French song bit: "..._ __ tete, Alouette..."
54. Stink
55. Canadian literary critic, Northrop __
58. Used to be

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1		3		6		9	2	
	7	2						
			8					6
2		4	5					
3			7		1			8
					9	2		1
5					4			
						8	7	
	3	9		1		6		5

Friday's Sudoku

7	4	9	5	2	6	8	3	1
6	2	8	1	3	9	5	7	4
5	1	3	7	4	8	2	6	9
4	8	2	3	5	7	1	9	6
3	6	1	8	9	2	7	4	5
9	7	5	6	1	4	3	2	8
1	5	7	9	6	3	4	8	2
2	3	6	4	8	5	9	1	7
8	9	4	2	7	1	6	5	3

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Getting Older isn't easy!

As a matter of fact, getting older hurts. Particularly in your joints and the connective tissue in your hands, knees, back, hips and shoulders. Oh, and did I mention knees?

These joints are susceptible to pain and inflammation because they suffer more wear and tear than other part of your body. Just think of the number of times you've bent over this week to pick up something or knelt down to put on your shoes - each one of those movements adds an extraordinary amount of stress on the cartilage and connective tissue in the vertebrae of your back and knee joints. Now, add all of that stress and strain over a lifetime and it makes perfect sense why your joints are sore, stiff and seem to creak whenever you move.

Nutri-Flex is a popular joint supplement that contains nutrients clinically proven to improve your joint health. With Nutri-Flex you can expect to ease joint pain and inflammation, it helps to slow the degeneration of your joints and connective tissue by cushioning your joints and it provides longterm joint protection by strengthening and rebuilding your joint cartilage.

Nutri-Flex is a liquid so it's easy to digest and absorb - ideal for people who don't like tablets or capsules. And it's now in a new and improved SUPREME formula with a great natural raspberry flavour!

"I've experienced full pain relief"

"Since taking Nutri-Flex, I've experienced full pain relief in my hands and about 60% - 70% relief of back pain. I can now wood carve again!"
***Joe H.** – Ontario*

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Vital Greens Liquid

- A liquid boost of essential green nutrients with over 40 herbs and superfoods
- Featuring Ginseng to help energize and Chlorophyll to detoxify
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- Great mint flavour

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Nutri Green Coffee Bean Plus

- Help to lose weight naturally with the power of Green Coffee Bean Extract, Green Tea Leaf Extract, African Mild Mango, Chromium and Iodine
- Helps the body to metabolize carbohydrates and fats

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